

**I. Amendments to the Specification:**

Please replace paragraph [0079] with the following amended paragraph:

[0079] ~~Figure 1 is~~ **Figures 1A and 1B are** a graph of table results from performing a first study using the ingestible composition of the present invention for metabolic syndrome;

Please replace paragraph [0080] with the following amended paragraph:

[0080] ~~Figure 2 is~~ **Figures 2A and 2B are** a second table of test results from performing a first study using the ingestible composition of the present invention for metabolic syndrome;

Please replace paragraph [0087] with the following amended paragraph:

[0087] ~~Figure 9 is~~ **Figures 9A and 9B are** a graph of test results from performing a third study using the ingestible composition of the present invention for metabolic syndrome.

Please replace paragraph [0126] with the following amended paragraph:

[0126] Study Number 1 was based on a test group of 46 persons. Each of these were asked to eat 2-3 packs of the ingestible composition per day. No other diet instructions were given. The study was run for three months and included running over the Christmas holidays. Figures 1 **A, 1B, 2A** and **2B** show a tabulation of the results of Study Number 1. **Figures 1A**

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and 1B are parts of the same table and are meant to be viewed together side by side; Figure 1B being a continuation of the table of Figure 1A. Figures 2A and 2B are parts of the same table and are meant to be viewed together side by side; Figure 2B being a continuation of the table of Figure 2A.

Please replace paragraph [0138] with the following amended paragraph:

[0138] Figure 8 shows the glycemic response to ingesting 50 gms of glucose while ~~Figure 9 shows~~ Figures 9A and 9B show the glycemic response to ingesting 158 gms of ingestible composition.